

INCARCERATION AND BEYOND

FAMILY REUNIFICATION

Handout

Child Characteristics Necessary for Obtaining Life Goals

1. High Self-esteem: The child regards him/herself as a person of worth and feels good about his or her own abilities, characteristics and self.
2. Pride in his/her ethnicity or culture: The child has positive attitudes and love for his people and therefore feels pride in being a member of his ethnic community.
3. Self Discipline: The child is able to wait for the right time and place to do and try things. He is able to delay having fun right now in order to have more fun and satisfaction later. He is better able to control or manage feelings so that he helps himself.

*If you have your language and you have your culture,
and you not ashamed of them then you know who you are.
Adele Davis*

4. Good School Skills and Study Habits: The child has good talking and communication skill; good reading, writing and math skills; good abilities to plan ahead and solve problems; and good study habits.
5. Healthy Physical Habits: The child eats and drinks nutritious foods and beverages, has good exercise, rest, relaxation and sleeping habits, and does not use cigarettes, alcohol or drugs.

*When you're young and someone tells you what you are
and shows you how to be proud, you've got a head start.
Vikki Carr*

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What Parents Can Do To Help Children Develop the Necessary Child Characteristics for Success in Life.

1. Lead, teach and provide understanding.

- a. By showing and expressing that you are pleased with your child's characteristics and abilities.
- b. By seeking out and enjoying the company of your child.
- c. By providing much spoken and physical appreciation of your child's efforts and achievements.
- d. By being sensitive and responsive to your child's needs and ideas.
- e. By finding regular time to spend with each child to better get to know each child as a unique individual.

2. Teach Self Discipline

- a. By showing that you can delay receiving an immediate satisfaction in order to achieve a greater future satisfaction.
- b. By using anger and aggression in such a way that you make these feelings work for your child and for your people rather than against them.
- c. By being respectful and considerate of others.
- d. By behaving within the approved social guidelines of the family and society.
- e. By resisting temptations to engage in unhealthy or illegal behaviors and life styles.

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Handout (continued)

3. Model and teach School Skills and Study Habits

- a. By teaching young children to use words to express the differences and similarities in the things they see, hear, smell, touch or feel,
- b. By helping older children learn basic school skills like reading, writing, computing, planning ahead, and problem solving,
- c. By helping children learn good study habits and carrying through on homework assignments, and
- d. By working closely and cooperatively with the child's school and teachers to insure a good formal education.

4. Model and teach healthy physical habits.

- a. By providing nutritious foods and beverages,
- b. By providing healthy and sanitary living conditions,
- c. By arranging family life to allow for enough sleep, rest, relaxation and exercise,
- d. By using health services for preventive checkups as well as for the treatment of illnesses and health problems, and
- e. By avoiding the use of abusable substances such as cigarettes, alcohol, and drugs.

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Handout: The Life Goals for Children

1. **To achieve loving and healthy human relationships.**

With spouses or lovers, with family, friends, neighbors, work associates, and with their own children.

2. **To achieve a good job**

Professional, managerial or executive jobs, trades, arts, crafts, clerical jobs, sports or entertainment job, etc.

3. **To achieve a good education**

A good high school education, college education, graduate or professional school education, art or trade school education, etc.

4. **To help the community**

Does a job or volunteer work that helps people and his community.

5. **To resist the pressure of the streets**

Does not become part of gangs, or gang warfare, does not become a delinquent, criminal, pimp, prostitute, drug user, drug pusher, etc.

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Handout: Lifestyle Changes

Parents discover that a child brings many changes to their life-style. In the following situation, write what Eddie might reply to Theresa. Eddie has a full-time job and goes to school part-time at the local community college. He is taking a vocational program so that he can get a better job. Theresa works part-time each afternoon; their baby is cared for by a neighbor during that time.

a. Theresa: Eddie, the baby is too sick to take to our neighbor, and I have to leave for work. Can you skip your afternoon class at the community college and take care of her?

Eddie: _____

b. Theresa: I didn't think having a baby would take so much of our time. I miss not being able to take walks in the park with you on Wednesdays.

Eddie: _____

c. Theresa: I want to go back to school next semester. You'll have to baby-sit one or two nights a week while I'm at school.

Eddie: _____

d. Theresa: I want to move out of this neighborhood. It's a terrible place to try and raise a child.

Eddie: _____

e. Theresa: When I was in high school, my consumer and homemaking education teacher said that parents have to be responsible for their child for at least 18 years. I didn't realize what she meant. You take the baby. I'm going for a walk.

Eddie: _____

